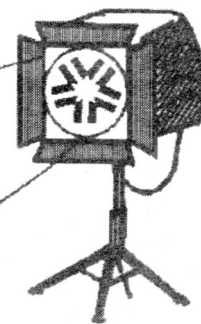


DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging



VOLUME XVII, ISSUE 3

A newsletter for D.C. Seniors

March 2002

## EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

During the month of March, the Office on Aging will salute the older worker. Older workers are an important part of today's workforce. Senior citizens are dependable, conscientious and valuable to employers.

This month, the Office on Aging, the D.C. Commission on Aging and the D.C. Department of Employment Services will host the Older Workers Job Fair. The Job Fair will be held on Thursday, March 28, from 10 a.m. – 3 p.m. at the University of the District of Columbia, in Building 47. To register, call 202-724-3662.

Find out more about the District's accomplishments and our future directions at the State of the District Address, scheduled for Tuesday, March 5 at 6:45 p.m., at Dunbar High School, 1301 New Jersey Avenue, N.W. Mayor Williams will be outlining the accomplishments during this year's address, with the theme "One City, One Future." The doors will open at 6 p.m. For those who cannot attend the address it may be seen live on Cable 16.

See you at the State of the District Address and the Older Workers Job Fair.

## AARP Tax Sites

AARP has several sites throughout the city where low-income seniors can get their taxes prepared.

For a location near you, call the D.C. Office on Aging Information and Assistance Unit at **202-724-5626.**

## The Office on Aging Salutes the Older Worker

The D.C. Office on Aging Older Workers Employment and Training Program (OWETP) provides employment and training opportunities for District of Columbia residents 55 years of age and older. The office has operated the employment program to help seniors in need of additional income meet the high cost of living in the District.

The primary goal of the OWETP is to increase employment opportunities for District residents 55 years of age and older by matching employers' labor needs with seniors' job skills. These services are provided free of charge.



Marjorie Boyd

One of the most successful participants in the Office on Aging's employment program is Marjorie Boyd, who was hired through the McMasters program, a public/private partnership between the office and McDonald's.

Mrs. Boyd has worked at McDonald's for 14 years. During that time she has worked at two stores. She has won various awards, including second prize for making salads. She was also the District of Columbia Green Thumb 2000 Prime Time Award Recipient, which honors outstanding workers.

"I vowed I would never work a day over 60," said the 79-year-old grandmother. She worked several jobs before she retired from St. Elizabeth's Hospital, where she worked 24 years as a nursing assistant.

She works three days a week; usually five hours a day. "I like to have extra money," she says. While at McDonald's she also worked as a waitress in the late Katherine Graham's Dining Room for six years or more.

Mrs. Boyd also likes to travel and go to Atlantic City, and she goes to Las Vegas once a

year. She receives retirement and Social Security, and she calls her McDonald's salary her "play money."

After retiring from St. Elizabeth's, she volunteered at the Blood Bank and attended Fort Stevens Senior Center, where she heard about the McMasters Program through the Office on Aging.

When asked when she would stop working she replied, "I will work as long as I feel good."

### Working with children

A retired small business owner has worked for three years at the Humpty Dumpty Nursery School through the Workforce Investment Act (WIA). A program funded by the D.C. Department of Employment Services through the U.S. Department of Labor, WIA helps seniors re-enter the workforce and find suitable employment.

Lillie Hackney, 67, said, "I could not just sit home, it was making me old."

The mother of four worked more than 40 years as a hairdresser. The majority of those years she operated and owned her own shop. She has lived in Sumter, South Carolina where



Lillie Hackney

she was born, New York and Washington, D.C. She returned to the District five years ago, after she retired and remarried.

She enjoys her new life with her second husband, but says that, "This is the most rewarding

job I could have — working with these babies." They have the most powerful love that anybody could have and I just feel blessed to work with them."

Mrs. Hackney came to the Office on Aging

See **OLDER WORKERS**  
page 51



## D.C. OFFICE ON AGING NEWSLETTER

# District of Columbia Older Workers Job Fair

**Thursday, March 28 • 10 a.m. - 3 p.m.**

*at the* **University of the District of Columbia**  
**4200 Connecticut Avenue, NW, Building 47**  
**Gymnasium — A Level**

- ON-SITE HIRING
- VARIETY OF EMPLOYERS
- PROFESSIONAL AND ENTRY-LEVEL JOBS
- JOB COUNSELING
- SOCIAL SECURITY INFORMATION
- AGING PROGRAMS INFORMATION
- REFRESHMENTS
- EASILY ACCESSIBLE BY METRORAIL & METROBUS

*presented by the*  
**D.C. OFFICE ON AGING**  
**D.C. COMMISSION ON AGING**  
**D.C. DEPARTMENT OF EMPLOYMENT SERVICES**

**To register, or for further  
 information, call:**

**202-724-3662 or 202-724-5622**



Government of the District of Columbia • Anthony A. Williams, *Mayor*



## DISTRICT OF COLUMBIA OLDER WORKERS JOB FAIR PRE-REGISTRATION FORM

Please fill out and mail, fax or e-mail to: D.C. Office on Aging, 441 4th Street, N.W., Suite 900, Washington, D.C. 20001  
 cynthia.simmons@dc.gov (e-mail) 202/724-4979 (fax)

***Your answers to these questions will help us to make the best match between you and potential employers.***

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_ Fax \_\_\_\_\_

Previous Paid or Non-Paid (*Volunteer*) Work Experience or last three (3) Job Titles

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

TYPE OF JOB YOU ARE LOOKING FOR? ☐ Full Time \_\_\_\_\_ ☐ Part Time \_\_\_\_\_

☐ Office Support/Clerical

☐ Services/Hotel/Restaurant/Other

☐ Science/Engineering

☐ Child Care

☐ Accounting/Bookkeeping/Banking

☐ Computer Specialists

☐ Technical

☐ Teachers/Aide

☐ Sales/Retail

☐ Home Health Services/Nurses Aide

☐ Administration/Management

☐ Others \_\_\_\_\_



## D.C. OFFICE ON AGING NEWSLETTER

# A Friendly Reminder: DC Parking Rules Have Changed!

A new set of parking regulations for persons with disabilities is now in effect in the District:

- Cars with District-issued tags or placards will be able to park free for double the time limit stated on the meter. They will no longer be able to park free for an unlimited period of time.

- Cars with tags and placards issued by other states will not be eligible for free on-street parking. The posted meter fees and time limits will apply. As you may already know, "meter-feeding" (adding additional coins for time beyond the time limit stated on the meter) is not allowed in the District.

- Eligible out-of-state drivers may apply for District placards at any DC DMV office. For information about obtaining District placards, call 727-5000

or check <http://dmv.washingtondc.gov>.

- All disabled drivers must now adhere to the two-hour parking time limit in designated DC residential neighborhoods.

- The fine for fraudulent use of a placard or tag is \$250.

The goal of the new regulations is to ensure that on-street spaces are available for short-term uses such as shopping, dining out, attending meetings and running errands.

Commuters are encouraged to use parking garages and lots better-suited to all-day parking. Four percent of all garage parking spaces are reserved for the use of drivers with tags or placards.

Questions about the new regulations? Please call 202-727-5000.

## Older workers

From page 49

seeking a job and was matched with Humpty Dumpty Nursery School. She speaks very highly of the program and says, "The Office on Aging [Employment Program] is one of the best programs for seniors."

Mrs. Hackney and other seniors who come to the office receive on-the-job training to assist them with the transition of re-entering the workforce.

"I have a weak stomach, but it's the job I'm doing, and even when the babies get sick, I think nothing of it."

### Happy Returns

Some seniors come to the office again and again to receive help locating employment when they decide to change jobs. Arstine Austin, 68, is one example of a senior who has come back for more.

She worked most of her career in the service industry — on her feet — and says that now that she is getting older, she is looking for a job in an office. She currently is in an office skills training program through WIA. The half-day training is held Monday to Friday and lasts 12 weeks.

After training, she will be competent on the computer and searching for a job in an office setting. She will bring experience and dedication to the job.

This will not be the only job the office has helped her find. She has worked at Safeway, McDonald's, and worked security at the Washington Convention Center.

Mrs. Austin retired as a licensed elevator operator and raised 10 children. Born and raised in Washington, D.C., she has 25 grandchildren and four great-grandchildren.

She enjoys her training and speaks very highly of her teacher. "He is a good teacher, but you have to keep [what you have learned] right in your brain," she says as she points to her head.

Her advice to others, "Learn all you can about the computer, because you need the computer to get a decent job."



Arstine Austin

## We're looking for Ms. Senior D.C. 2002 Maybe you know her. . .



- She is a woman 60 years of age or older who lives in the District of Columbia
- She inspires others with her enthusiasm
- She is poised, charming and articulate

- Her positive philosophy of life reflects her inner beauty
- She is an active, vital member of her community
- Blessed with a special talent, she defies the myths of aging

If you know her, make sure she is entered as a contestant in the Ms. Senior D.C. 2002 Pageant. She could represent our city in the Ms. Senior America Pageant. Contact the Ms. Senior D.C. Planning Committee Chairperson, Gwen Coleman, at 202-832-4970.

## Pfizer Offers Prescription Program

Beginning this month, Pfizer is offering seniors a chance to get Pfizer prescription drugs for just \$15 a month. The Share Card program helps you pay for medicine and learn more about health topics that interest you. To qualify for the Share Card offered by Pfizer, you must be

✓ enrolled in Medicare,

✓ have no other prescription drug coverage, and

✓ if an individual, have a gross income of less than \$18,000 a year; couples must earn less than \$24,000.

**Call (800) 717-6005 for your enrollment kit.**

### SPOTLIGHT ON AGING

*Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents.*

*Advertising contained in the Senior Beacon is not endorsed by the D.C. Office on Aging or by the publisher.*

441 4th St., N.W., 9th Floor  
Washington, D.C. 20001  
202-724-5622  
[www.dcoa.dc.gov](http://www.dcoa.dc.gov)

E. Veronica Pace, Executive Director  
Darlene Nowlin, Editor  
Darlene Nowlin, Photography

### Mark your Calendar!

**Celebrate Older Americans  
Month with the Office on  
Aging at the 38th Annual  
Senior Citizens' Day  
Thursday, May 23 from  
11 a.m. to 2 p.m. D.C. Armory  
For tickets, call 202-724-5622**

## Caregivers Fair

**Find out more about senior  
programs geared to persons  
caring for persons 60 years  
of age and older.**

**Thursday, May 9  
10 a.m. to 3 p.m.  
One Judiciary Square  
Main Lobby**

**441 Fourth Street, N.W.**

**For more information, call  
202-724-5626**

## D.C. OFFICE ON AGING NEWSLETTER

# Community Calendar

## March Events

### 4th, 11th, 18th & 25th • 10:15 to 11 a.m.

Senior participants at the Phillip T. Johnson Senior Center have started a weight management class. The class meets once a week and is designed for participants to lose and/or control weight by behavior modification and portion control instead of dieting. The class meets at 4323 Bowen Rd., S.E. For further information, call 202-398-5948.

### 6th • 1 p.m.

In this last workshop in a series of three titled, "The Joy of Living," the topic of depression and stress will be explored. The Mental Health Association of the District of Columbia will present this workshop at the Senior Citizens Counseling and Delivery Service, located at 2451 Good Hope Rd., S.E. All workshops are scheduled for 1 p.m. and are free. For more information, call 202-678-2800.

### 6th • 7 to 9 p.m.

Learn what to ask when looking for help in caring for a person at home, including the different roles of home health aides, certified nursing assistants, LPNs and RNs. The meeting will be at Blessed Sacrament School, 5891 Chevy Chase Parkway, N.W., Washington, D.C. This evening is sponsored by the IONA Member Council and is hosted by the Wellness Ministry of the Shrine of The Most Blessed Sacrament. For further information, contact Susan Roach at 202-895-9414 to register.

### 7th • 1 to 3 p.m.

IONA's Reminiscence Group meets on the first and third Thursday of every month for a presentation and discussion on a variety of topics. Upcoming topics include: "High School Days" on March 7th, "Entering The Real World: Discussing Careers" on March 21st, and on April 4, "Our Leisure Time: Discussing Hobbies." Contact Sean Hall at 202-896-9462 or e-mail: shall@iona.org.

### 7th, 11th and 26th • 11 a.m.

Senior participants will research, discuss and visit neighborhoods, streets and other landmarks named in honor of women in history. This event is hosted by the Phillip T. Johnson Senior Center, located at 4323 Bowen Rd., S.E. For more details, call 202-398-5948.

### 7th and 14th • 10 to 11:30 a.m.

IONA's Low Vision Support Group offers those experiencing vision loss an opportunity to get emotional support and practical resource information. Meetings are held at IONA, 4125 Albemarle St., N.W. Call Judith Libert, 202-895-9440 for more information. No registration fee, but donations encouraged.

### 7th, 14th, 21st and 28th • 10 a.m. to 2 p.m.

IONA Senior Services will again host AARP's Tax-Aide Program. If you are a senior with low to moderate income, you can receive assistance filing your tax returns through the AARP Tax Aide Program. AARP Tax-Aide Volunteers are trained to help with filing basic tax forms, including the 1040, 1040A, and 1040EZ. To be held at IONA Senior Services, 4125 Albemarle St. Appointments are required. Sessions typically last 30 minutes. Please bring all financial paperwork to the appointment. Call IONA at 202-966-1055 to schedule an appointment.

### 8th • 9:30 a.m.

Join Barney Neighborhood House Senior Program for a fun day at Midway. Donation of \$10 in-

cludes a buffet meal. The bus leaves 504 Kennedy St., N.W. No money will be collected day of trip. Reserved seating only. No refunds. For more information, contact Emily Hill at 202-939-9020.

### 11th • 10:30 a.m. to Noon

IONA's Stroke Support Group for survivors and caregivers meets on the second Monday of each month: March 11, April 8, May 13, June 10, and July 8. Come to meet and share experiences with others who are dealing with the long-term effects of a stroke. For more information contact Daria Shumaker or Christine Jackson, 202-895-9455 or e-mail to: cjackson@iona.org.

### 11th • 11 a.m.

Arts for the Aging performance at UPO nutrition site at Potomac Gardens Senior Bldg., 1229 G St., S.E. For further details, contact Brenda Reynolds at 202-610-0466.

### 12th • 9 a.m.

Go shopping at the Hagerstown Outlets with Columbia Senior Center. Leave from the center, 1250 Taylor St., N.W., at 9 a.m. Donation is \$13. Lunch is on your own. For further details, contact Monica Carroll at 202-328-3270.

### 13th • 11 a.m.

Arts for the Aging performance at UPO nutrition site at Capitol Hill Tower Senior Bldg., 900 G St., N.E. For further details, contact Brenda Reynolds at 202-610-0466.

### 13th • 1 p.m.

Learn about radon exposure, how it affects your health and how to test your home for radon. This lecture will be held at the Senior Citizens Counseling and Delivery Service center, 2451 Good Hope Rd., S.E. Workshop is free. For further information, call 202-678-2800.

### 14th • Noon to 3 p.m.

The D.C. Addiction Prevention and Recovery Administration's new Substance Abuse Awareness for Seniors Program will host a workshop luncheon at Arthur Capper Senior Bldg., 601 L St., S.E. For information, call UPO Senior Services Program, 202-610-0299.

### 14th • 1 p.m.

"Smart Self Defense Techniques for Seniors." Learn easy techniques to help protect yourself in your community and at home. This demonstration will be given at the Senior Citizens Counseling and Delivery Service center, 2451 Good Hope Rd., S.E. Workshop is free. For more information, call 202-678-2800.

### 16th • 10 a.m. to 5 p.m.

Find out what you can do to make life better for a fellow senior citizen by becoming a volunteer. We have volunteer positions in all areas of our organization, including visiting, working in our clubs and day health center, driving members to and from groups, clubs and doctor's appointments, and many more. Time commitments start as little as an hour a week. For more information, phone Alena Biagas at 202-895-9425 or E-mail: Abiagas@IONAorg.

### 21st • 11 a.m.

The Behrend-Adas Senior Fellowship will hold a model Passover Seder on Thursday, March 21 at 11 A.M. Passover is the celebration of the retelling of the story of the Jewish exodus from Egypt. The story will be told by Cantor Arnold Saltzman and Rabbi Avis Miller of Adas Israel and a traditional hot

lunch will immediately follow. The fee is \$6 per person. People of all denominations are invited to attend. For more information or reservations (required), please call Mariana at 202-363-7530.

### 21st • 11 a.m.

Arts for the Aging performance at UPO nutrition site at Greenleaf Senior Bldg., 1200 Delaware Ave., S.W. For further details, contact Brenda Reynolds at 202-610-0466.

### 21st • 1 p.m.

Come to an "Oldies But Goodies" potluck lunch. Enjoy oldies music as you sample a variety of foods at the Senior Citizens Counseling and Delivery Service center, located at 2451 Good Hope Rd., S.E. For more information, call 202-678-2800.

### 21st • 8 p.m.

IONA Senior Services will be a beneficiary of the Hexagon Performance "It's a Grand Old Gag" — an original, political, satirical, musical, comedy revue. Tickets are \$25. For tickets or more information, call Louisa Wells at 202-895-9416.

### 22nd • 1 p.m.

Learn about safe use of medications at this important lecture. Located at the Senior Citizens Counseling and Delivery Service center, 2451 Good Hope Rd., S.E. For further details, call 202-678-2800.

### 23rd • 2:30 p.m.

Experience the Boys Choir of Harlem at the Kennedy Center with Columbia Senior Center. Leave from center, located at 1250 Taylor St., N.W. Donation of \$26; tickets are limited with only 15 left. Call Monica Carroll for reservations and information at 202-328-3270.

### 27th • 11 a.m.

Barney Neighborhood House Senior Program will sponsor a speaker from Project Wish on breast and cervical cancer early detection. It will take place at the Colony House Center at 930 Farragut St., N.W. For further information, call Donna J. Ellis at 202-939-9020.

### 28th • 10 a.m. to 3 p.m.

Attend the District of Columbia Jobs for Seniors Fair at the University of the District of Columbia, 4200 Connecticut Ave., N.W., Building 47, Gymnasium — A Level. There will be on-site hiring, a variety of employers for professional and entry level jobs, job counseling, Social Security and aging information, and much more. Sponsored by the D.C. Office on Aging, D.C. Commission on Aging and the D.C. Department of Employment Services. To register, or for further information, call 202-724-3662 or 202-724-5622.

## April Events

### April 6th

Hurry! Tickets to see the Broadway hit, *The Lion King* are going fast. The trip is hosted by Senior Citizens Counseling and Delivery Service. The cost of \$150 per person includes round-trip transportation, tickets to the show and dinner at the famous Sylvia's Restaurant. Full payment guarantees your seat. Call 202-678-2800 for more details.

### April 24th

Spend the day with Columbia Senior Center for a show at the Daniel Sight and Sound theatre, buffet lunch, and shopping. Donation is \$70. For more information and reservations to attend, contact Monica Carroll at 202-328-3270.